

# Media Release

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## RESILIENT MELBOURNE STRATEGY TO HELP MELBOURNIANS BOUNCE BACK

VicHealth CEO Jerril Rechter has welcomed the launch of the [Resilient Melbourne Strategy](#), which will help Greater Melbourne prepare to meet the physical, social and economic challenges of the 21<sup>st</sup> century.

The City of Melbourne, which has led Resilient Melbourne, unanimously endorsed the strategy this week following significant consultation across sectors, council boundaries and community groups to develop a plan to protect and enhance the lives of Melbournians.

Ms Rechter congratulated Resilient Melbourne on the strategy.

“As the first strategy for Greater Melbourne, VicHealth commends the consultation process and important involvement of individuals from more than 200 organisations and councils to create what is a visionary and necessary document,” Ms Rechter said.

“VicHealth also believes in the urgent need to look to the future to guide and inform our planning and actions and we’re proud to have been one of the many organisations involved in this project.

“Building community and individual resilience is a focus for VicHealth because of the positive health outcomes that flow from it.

“The ability to cope with, adapt to and bounce back from adversity is a major protective factor against many of the economic, social, technological and demographic challenges that we are all forecast to experience in the near future.

“Through the Resilient Melbourne Strategy, we are likely to be better informed and prepared.

“VicHealth understands that community resilience cannot be built by one agency or organisation and instead must be developed by as collective effort by many. We look forward to working with Resilient Melbourne as the strategy is implemented to help improve the lives of Melbournians.”

VicHealth is working to get 200,000 more Victorians to have a greater level of resilience and social support by 2023, with a particular focus on young people.

Last year, VicHealth and CSIRO released the [Bright Futures](#) report, which identified a range of ‘megatrends’ that will impact the mental wellbeing of young people over the next 20 years including globalisation, increased competition in education and jobs, cultural diversity and overexposure to online content.

The *Bright Futures* report contributed to VicHealth’s [Mental Wellbeing Strategy](#) (2015-2019) which identifies opportunities to seek input from young people to help build greater resilience.

### Media Contacts